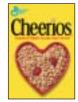
#### Cereals

(12 oz Box or Larger)

























**Juices** 

All Juices Must be 100% Juice

Juicy Juice - All Flavors

**Grape Juice - Frozen Concentrate** 

Apple Juice - Frozen Concentrate

46 oz Fluid Can

100 = 1010

11.5 oz Liquid Concentrate



















Welch's, 11.5 oz Yellow Stripe Only

Welch's White Grape, 11.5 oz Yellow Stripe Only











800.1

CORN



EVIEW











100% Orange

or Grapefruit Juice

**Any Brand** 

46 oz Fluid Can

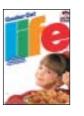
12 oz Frozen Concentrate

Arry Brand











Crumch



Bran















## Corn Flakes Nutty Rice





Cereal

18 oz



= 36 oz

Cereal

18 oz



Cereal

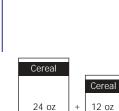
20 oz

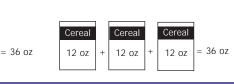


= 36 oz

Cereal

16 oz









46 oz Fluid Can 12 oz Frozen Concentrate

### Juice 46 oz





## Juice 12 oz

#### Milk Whole, Low Fat or Nonfat



Store Brand or Least Expensive Brand

#### Cheese



American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster or Provolone

Any Brand
One Package Only, Up to 16 oz
Sliced, Shredded or Block. No Individually Wrapped Slices.
Domestic Cheese Only. No Imported Cheese.

#### Eggs



Least Expensive Brand Grade A Large Brown or White

#### **Peanut Butter**



Any Brand Smooth or Chunky No Added Honey or Jelly 18 oz Jar

#### **Dried Beans, Peas or Lentils**







Any Brand 1 lb bag No Flavorings

#### Tuna



Least Expensive Brand Chunk Light Tuna 6 to 6 1/2 oz Can Only

#### **Carrots**





Any Brand
1 lb Bag Fresh Carrots or
14 to 16 oz Canned Sliced Carrots

#### **Infant Cereal**



Any Brand Rice, Oatmeal, Mixed, or Barley 8 oz or 16 oz Box Only No Added Formula or Fruit

#### **Infant Formula**





Concentrate or Powder Infant Formula
As Listed on WIC Check

For more information, call the Family Health Information Line at 1-800-942-7434

This institution is an equal opportunity provider.



# Rhode Island WIC Approved Food Guide

August 2001

MAKE HE VLTH PART OF YOUR FAMILY
RHODE ISLAND DEPARTMENT OF HEALTH